

## **Diabetes Tool Box: Diabetes Resources**

This section is designed to introduce the learner to the resources for diabetes self management. .

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This educational material was developed using information from the following sources: The American Diabetes Association, The American Association of Diabetes Educators, The American Dietetic Association, and the American Association of Clinical Endocrinologists. As with any medical information, this is not to take the place of your provider's recommendations. Be sure to consult your healthcare provider regarding your individual diabetes treatment plan.

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## Diabetes Self-Management Classes and Groups

### How can I learn more about taking care of my diabetes?

You will be scheduled annually for the Diabetes Health Promotion visit. You can request a control your diabetes group, pharmacy groups for insulin or lipid management, dietitian groups for diabetic diet, cholesterol, or weight management in primary care. There are also advanced classes in diabetes, pattern management, insulin, and diet.

The Diabetes Self-Management class is a program that can help you manage your diabetes. It is a 4-day series of interactive class sessions that is held from 12-3pm on Tuesday and Wednesday, usually the 2<sup>nd</sup> and 3<sup>rd</sup> week of the month. It is held in the auditorium of the Portland VA Medical Center. Friends, family and caregivers are encouraged to attend. Bring a lunch or snack.

You may choose one topic or more. You can split up the dates, however, we encourage you to complete all four days.

### Class content:

- 📖 Introduction to diabetes
- 📖 Meal planning, including timing, portion sizes, carbohydrate counting and reading food labels.
- 📖 Benefits of exercise, guidelines for exercising, how to get started and keep motivated.
- 📖 Diagnosis and treatment of diabetes
- 📖 Blood sugar monitoring and record keeping
- 📖 Identification and treatment of hypoglycemia.
- 📖 Coping with diabetes
- 📖 Goal setting.
- 📖 Meal planning continued including heart-healthy diet education and use of sugar substitutes
- 📖 Sick day care
- 📖 Use of alcohol
- 📖 Foot, skin, and dental care.
- 📖 Complication of diabetes, including erectile dysfunction
- 📖 Medications, vitamins, and herbs.
- 📖 Pattern management and problem solving.







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## **Diabetes Self-Management Classes and Groups, continued**

For more information about options please call:

Call 503-220-8262 ext 57981. Leave a voicemail message or  
Call the VA Northwest Network Call Center to enroll.

### **Other groups available**

-  Dietitian Groups
-  Clinical Pharmacy Groups
-  Control your Diabetes Groups
-  Mental Health Groups

For more information about options please call the VA Northwest Network  
Call Center



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# ADA-American Diabetes Association

**380 SE Spokane Street #110  
Portland, Oregon 97202**

**For Your Answers Dial  
1-800-342-2383**

Web site: [www.diabetes.org](http://www.diabetes.org)

Just dial the American Diabetes Association and the trained staff and volunteers will answer your questions, provide current information, and serve as guide to community resources. The staff and volunteers are not doctors, nurses, or dietitians. They are trained to answer your general questions, make referrals, and send you free information.

The action line is available Monday through Friday during business hours.

Easy access to information about diabetes, risk factors, preventive measures.

## **Services include:**

- ◆ Hundreds of ADA publications
- ◆ Patient education programs
- ◆ Professional education programs
- ◆ Support groups
- ◆ Camping and other youth services
- ◆ Public awareness programs
- ◆ Speakers bureau
- ◆ Referral to medical and community resources.



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## Other Diabetic Resources



American Association Of Diabetes  
Educators  
1-800-TEAM-UP-4  
[www.aadenet.org](http://www.aadenet.org)

American Dietetic Association National  
Center  
For Nutrition And Dietetics  
800/877-1600  
[www.eatright.org/Public](http://www.eatright.org/Public)

Juvenile Diabetes Research Foundation  
International  
Phone☎800) 533-1868 or (202-371-  
9746)  
[www.jdf.org](http://www.jdf.org)

International Diabetes Center (Idc)  
612-993-3393  
[www.idcdiabetes.org](http://www.idcdiabetes.org)

Joslin Diabetes Center  
1-800-JOSLIN-1  
[www.joslin.org](http://www.joslin.org)

Medic Alert  
1-800-432-5378  
[www.medicalert.org](http://www.medicalert.org)

Agent Orange Website  
[www.vba.va.gov/bln/21/benefits/  
herbicide](http://www.vba.va.gov/bln/21/benefits/herbicide)

International Diabetic Athletes  
Association (IDAA)  
1-800-898-4322  
[www.diabetes-exercise.org](http://www.diabetes-exercise.org)

National Institutes Of Health  
301-496-4000  
[www.nih.gov](http://www.nih.gov)

Voice of the Diabetic (for the visually  
impaired)  
[www.NFB.org](http://www.NFB.org)

National Institute of Diabetes &  
Digestive & Kidney Diseases  
1-800-860-8747 or (301) 654-3810 or  
301-654-3327  
[www.niddk.nih.gov](http://www.niddk.nih.gov)

Web MD  
[www.webmd.com](http://www.webmd.com)

US Dept of Health and Human  
Resources  
[www.hhs.gov](http://www.hhs.gov)

Diabetes Self-Management Magazine  
1-800-234-0923  
[http://www.diabetes-self-  
mgmt.com](http://www.diabetes-self-mgmt.com)

Diabetes Forecast Magazine  
[www.diabetes.org/diabetes-  
forecast.jsp](http://www.diabetes.org/diabetes-forecast.jsp)

Diabetes Health Magazine  
[www.diabeteshealth.com](http://www.diabeteshealth.com)

Nutrition Action Health Letter

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[www.cspinet.org](http://www.cspinet.org)

Maytag Meals for Good Health  
[www.mealsforgoodhealth.com](http://www.mealsforgoodhealth.com)

Life Scan  
1-800-227-8862  
[www.lifescan.com](http://www.lifescan.com)

Novo-Nordisk  
1-800-727-6500  
[www.novo-nordisk.com](http://www.novo-nordisk.com)

Accu-Chek  
1-800-858-8072  
[http://www.accu-chek.com/products/  
downloads\\_advantage.jsp](http://www.accu-chek.com/products/downloads_advantage.jsp)

The Portland VA web site  
[http://www.va.gov/portland/  
Education/PatientEd/](http://www.va.gov/portland/Education/PatientEd/)



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## Glossary of Terms

### **A1C (A one C):**

A test that measures a person's average blood sugar level over the past 3 months. Hemoglobin (HEE-mo-glo-bin) is the part of a red blood cell that carries oxygen to the cells and sometimes joins with the sugar or glucose in the bloodstream. Also called hemoglobin A1C or glycosylated (gly-KOH-sih-lay-ted) hemoglobin, the test shows the amount of glucose that sticks to the red blood cell, which is proportional to the amount of glucose in the blood.

### **ACE inhibitor:**

An oral medicine that lowers blood pressure; ACE stands for angiotensin (an-gee-oh-TEN-sin) converting enzyme. For people with diabetes, especially those who have protein (albumin) in the urine, it also helps slow down kidney damage.

### **blood pressure:**

The force of blood exerted on the inside walls of blood vessels. Blood pressure is expressed as a ratio (example: 120/80, read as "120 over 80"). The first number is the systolic (sis-TAH-lik) pressure, or the pressure when the heart pushes blood out into the arteries. The second number is the diastolic (DY-uh-STAH-lik) pressure, or the pressure when the heart rests.

### **blood urea (BUN) (yoo-REE-uh) nitrogen (NY-truh-jen):**

A waste product in the blood from the breakdown of protein. The kidneys filter blood to remove urea. As kidney function decreases, the BUN levels increase.

### **body mass index (BMI):**

A measure used to evaluate body weight relative to a person's height. BMI is used to find out if a person is underweight, normal weight, overweight, or obese. It is based on a formula that takes into account the person's height and weight.

### **Certified Diabetes Educator (CDE):**

A health care professional with expertise in diabetes education who has met eligibility requirements and successfully completed a certification exam. This person can be a registered nurse, dietitian, pharmacist, or medical doctor.

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**cholesterol (koh-LES-ter-all):**

A type of fat produced by the liver and found in the blood; it is also found in some foods. Cholesterol is used by the body to make hormones and build cell walls.

**clinical pharmacist**

A pharmacist who is involved in the clinical area of pharmacy practice, research, and/or education.

**dawn phenomenon (feh-NAH-meh-nun):**

The early-morning (4 a.m. to 8 a.m.) rise in blood sugar level.

**diabetes complications:** the ‘opathies’

diabetic myelopathy (my-eh-LAH-puh-thee): damage to the spinal cord found in some people with diabetes.

diabetic nephropathy: disease of the kidneys. Hyperglycemia and hypertension can damage the kidneys' glomeruli. When the kidneys are damaged, protein leaks out of the kidneys into the urine. Damaged kidneys can no longer remove waste and extra fluids from the bloodstream.

diabetic neuropathy: disease of the nervous system. The three major forms in people with diabetes are peripheral neuropathy, autonomic neuropathy, and mononeuropathy. The most common form is peripheral neuropathy affects the legs and feet.

diabetic retinopathy (REH-tih-NOP-uh-thee): diabetic eye disease; damage to the small blood vessels in the retina. Loss of vision may result.

**dietitian (DY-eh-TIH-shun):**

A health care professional who advises people about meal planning, weight control, and diabetes management. A registered dietitian (RD) has more training.

**endocrinologist (EN-doh-krih-NAH-luh-jist):**

A doctor who treats people who have endocrine gland problems such as diabetes.

**gastroparesis (gas-tro-puh-REE-sis):**

A form of neuropathy that affects the stomach. Digestion of food may be incomplete or delayed, resulting in nausea, vomiting, or bloating, making blood sugar control difficult.



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**gestational diabetes (GDM)** (jes-TAY-shun-ul):

A type of diabetes mellitus that develops only during pregnancy and usually disappears upon delivery, but increases the risk that the mother will develop diabetes later. GDM is managed with meal planning, activity, and, in some cases, insulin.

**glucagon** (GLOO-kah-gahn):

A hormone produced by the alpha cells in the pancreas. It raises blood sugar. An injectable form of glucagon, available by prescription, may be used to treat severe hypoglycemia.

**glucose:**

One of the simplest forms of sugar. Blood glucose is what is tested in the laboratory.

**glucose tablets:**

Chewable tablets made of pure glucose used for treating hypoglycemia.

**glycemic index** (gly-SEE-mik):

A ranking of carbohydrate-containing foods, based on the food's effect on blood sugar compared with a standard reference food.

**HDL cholesterol** (kuh-LESS-tuh-rawl)

Stands for high-density-lipoprotein (LIP-oh-PRO-teen) cholesterol: a fat found in the blood that takes extra cholesterol from the blood to the liver for removal. Sometimes called "good" cholesterol.

**hyperglycemia** (HY-per-gly-SEE-mee-uh):

Excessive blood sugar. Fasting hyperglycemia is blood sugar above a desirable level after a person has fasted for at least 8 hours. Postprandial hyperglycemia is blood sugar above a desirable level 1 to 2 hours after a person has eaten.

**hyperinsulinemia** (HY-per-IN-suh-lih-NEE-mee-uh):

A condition in which the level of insulin in the blood is higher than normal. Caused by overproduction of insulin by the body. Related to insulin resistance.

**hyperlipidemia** (HY-per-li-pih-DEE-mee-uh):

Higher than normal fat and cholesterol levels in the blood.

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**Hypertension (HTN) (HY-per-TEN-shun):**

A condition present when blood flows through the blood vessels with a force greater than normal. Also called high blood pressure. Hypertension can strain the heart, damage blood vessels, and increase the risk of heart attack, stroke, kidney problems, and death.

**hypoglycemia (hy-po-gly-SEE-mee-uh):**

A condition that occurs when one's blood sugar is lower than normal, usually less than 70 mg/dL. Signs include hunger, nervousness, shakiness, perspiration, dizziness or light-headedness, sleepiness, and confusion. If left untreated, hypoglycemia may lead to unconsciousness. Hypoglycemia is treated by consuming a carbohydrate-rich food such as a glucose tablet or juice. It may also be treated with an injection of glucagon if the person is unconscious or unable to swallow. Also called an insulin reaction.

**hypoglycemia unawareness (un-uh-WARE-ness):**

A state in which a person does not feel or recognize the symptoms of hypoglycemia. People who have frequent episodes of hypoglycemia may no longer experience the warning signs of it.

**hypotension (hy-poh-TEN-shun):**

Low blood pressure or a sudden drop in blood pressure. Hypotension may occur when a person rises quickly from a sitting or reclining position, causing dizziness or fainting.

**IDDM (insulin-dependent diabetes mellitus):**

Former term for type 1 diabetes.

**impaired fasting glucose (IFG):**

A condition in which a blood sugar test, taken after an 8- to 12-hour fast, shows a level of sugar higher than normal but not high enough for a diagnosis of diabetes. IFG, also called pre-diabetes, is a level of 100 mg/dL to 125 mg/dL. Most people with pre-diabetes are at increased risk for developing type 2 diabetes.

**impaired glucose tolerance (IGT):**

A condition in which blood sugar levels are higher than normal but are not high enough for a diagnosis of diabetes. IGT, also called pre-diabetes, is a level of 140 mg/dL to 199 mg/dL 2 hours after the start of an oral glucose tolerance test. Most people with pre-diabetes are at increased risk for developing type 2 diabetes. Other names for IGT that are no longer used are "borderline," "subclinical," "chemical," or "latent" diabetes.

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**insulin pump:**

An insulin-delivering device about the size of a deck of cards that can be worn on a belt or kept in a pocket. An insulin pump connects to narrow, flexible plastic tubing that ends with a needle inserted just under the skin. Users set the pump to give a steady trickle or basal amount of insulin continuously throughout the day. Pumps release bolus doses of insulin (several units at a time) at meals and at times when blood sugar is too high, based on programming done by the user.

**impotence (IM-po-tents):**

The inability to get or maintain an erection for sexual activity. Also called erectile (ee-REK-tile) dysfunction (dis-FUNK-shun).

**insulin:**

A hormone that helps the body use sugar for energy. The beta cells of the pancreas make insulin. When the body cannot make enough insulin, insulin is taken by injection or through use of an insulin pump.

**insulin resistance:**

The body's inability to respond to and use the insulin it produces. Insulin resistance may be linked to obesity, hypertension, and high levels of fat in the blood.

**ketone (KEE-tone):**

A chemical produced when there is a shortage of insulin in the blood and the body breaks down body fat for energy. High levels of ketones can lead to diabetic ketoacidosis and coma. Sometimes referred to as ketone bodies.

**LDL cholesterol (kuh-LESS-tuh-rawl)**

Stands for low-density lipoprotein (LIP-oh-PRO-teen) cholesterol: a fat found in the blood that takes cholesterol around the body to where it is needed for cell repair and also deposits it on the inside of artery walls. Sometimes called "bad" cholesterol.

**lipid (LIP-id):**

A term for fat in the body. Lipids can be broken down by the body and used for energy.

**lipid profile:**

A blood test that measures total cholesterol, triglycerides, and HDL cholesterol. LDL cholesterol is then calculated from the results. A lipid profile is one measure of a person's risk of cardiovascular disease.

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**metabolic syndrome:**

The tendency of several conditions to occur together, including obesity, insulin resistance, diabetes or pre-diabetes, hypertension, and high lipids.

**microalbumin** (MY-kro-al-BYOO-min):

Small amounts of the protein called albumin in the urine detectable with a special lab test.

**monofilament:**

A short piece of nylon, like a hairbrush bristle, mounted on a wand. To check sensitivity of the nerves in the foot, the doctor touches the filament to the bottom of the foot.

**nephrologist** (neh-FRAH-luh-jist):

A doctor who treats people who have kidney problems.

**NIDDM** (noninsulin-dependent diabetes mellitus):

Former term for type 2 diabetes.

**obesity:**

A condition in which a greater than normal amount of fat is in the body; more severe than overweight; having a body mass index of 30 or more.

**pancreas** (PAN-kree-us):

An organ that makes insulin and enzymes for digestion. The pancreas is located behind the lower part of the stomach and is about the size of a hand.

**pedorthist** (ped-OR-thist):

A health care professional who specializes in fitting shoes for people with disabilities or deformities. A pedorthist can custom-make shoes or orthotics (special inserts for shoes).

**podiatrist** (puh-DY-uh-trist):

A doctor who treats people who have foot problems. Podiatrists also help people keep their feet healthy by providing regular foot examinations and treatment.

**postprandial** (post-PRAN-dee-ul) blood sugar:

The blood sugar level usually taken 2 hours after eating.

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**preprandial** (pree-PRAN-dee-ul) blood sugar:

The blood sugar level taken before eating.

**pre-diabetes:**

A condition in which blood sugar levels are higher than normal but are not high enough for a diagnosis of diabetes. People with pre-diabetes are at increased risk for developing type 2 diabetes and for heart disease and stroke. Other names for pre-diabetes are impaired glucose tolerance and impaired fasting glucose.

**self-management:**

The ongoing process of managing diabetes. Includes meal planning, planned physical activity, blood sugar monitoring, taking diabetes medicines, handling episodes of illness and of low and high blood sugars, managing diabetes when traveling, and more. The person with diabetes designs his or her own self-management treatment plan in consultation with a variety of health care professionals such as doctors, nurses, dietitians, pharmacists, and others.

**sharps container**

A container for disposal of used needles and syringes; often made of hard plastic so that needles cannot poke through.

**Somogyi effect** (suh-MOH-jee):

Also called rebound hyperglycemia: when the blood sugar level swings high following hypoglycemia. The Somogyi effect may follow an untreated hypoglycemic episode during the night and is caused by the release of stress hormones.

**sugar alcohols:**

Sweeteners that produce a smaller rise in blood sugar than other carbohydrates. Their calorie content is about 2 calories per gram. Includes erythritol, hydrogenated starch hydrolysates, isomalt, lactitol, maltitol, mannitol, sorbitol, and xylitol. Also known as polyols (PAH-lee-alls.)

**sugar:**

A class of carbohydrates with a sweet taste; includes glucose, fructose, and sucrose. A term used to refer to blood glucose.

**starch:**

Another name for carbohydrate, one of the three main nutrients in food.

**syndrome x:**

See insulin resistance and metabolic syndrome.

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**triglyceride** (try-GLISS-er-ide):

The storage form of fat in the body. High triglyceride levels may occur when diabetes is out of control.

**type 1 diabetes:**

A condition characterized by high blood sugar levels caused by a total lack of insulin. Occurs when the body's immune system attacks the insulin-producing beta cells in the pancreas and destroys them. The pancreas then produces little or no insulin. Type 1 diabetes develops most often in young people but can appear in adults.

**type 2 diabetes:**

A condition characterized by high blood sugar levels caused by either a lack of insulin or the body's inability to use insulin efficiently. Type 2 diabetes develops most often in middle-aged and older adults but can appear in young people.

**type 1.5 diabetes:**

Sometimes called “double diabetes” or type 3 diabetes, is a condition that has aspects or characteristics of both type 1 and type 2 diabetes